

AYURVEDIC PERSPECTIVE OF ULCERATIVE COLITIS AND ITS MANAGEMENT - A REVIEW

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ABSTRACT

Ulcerative colitis (UC) is a chronic disease featuring recurrent inflammation of the colonic mucosa. It is a type of Inflammatory Bowel Disease (IBD). The rectum mucosa is always affected with inflammation spreading from the distal to the proximal colonic segments. The major symptoms of UC are diarrhoea, rectal bleeding, tenesmus, passage of mucus and crampy abdominal pain. In Ayurveda Raktatisara shows symptoms having resemblance with Ulcerative colitis. Consumption of hot, spicy and fried food along with stress, anxiety etc leads to Raktatisara. Management is focused in healing the ulcers and restoring the normal function of colon. In this paper

correlation of UC with Ayurveda concepts and its management according to Ayurveda principles was explained.

KEYWORDS: Ulcerative colitis, Inflammatory Bowel Disease, Atisara, Raktatisar, Pittatisar, Raktaj Prabahika.

INTRODUCTION

Inflammatory bowel disease (IBD) is an immune-mediated chronic intestinal condition, Ulcerative colitis (UC) and Crohn's disease (CD) are the two major types of IBD.^[1] UC is a mucosal disease that usually involves the rectum and extends proximally to involve all or part of the colon. About 40-50% of patients have a disease limited to the rectum and recto-sigmoid, 30-40% have disease extending beyond the sigmoid but not involving the whole colon and 20% have a total colitis. With mild inflammation, the mucosa is erythematous and

has a fine granular surface that licks like sandpaper. In more severe disease, the mucosa is hemorrhagic, edematous and ulcerated. In long standing disease, inflammatory polyps (pseudopolyps) may be present as a result of epithelial regeneration.^[2] Prevalence of IBD known to be high in western countries but now there is rising incidence and prevalence of disease in India topping the Southeast Asian (SEA) countries.^[3] and India is projected to have one of the highest disease burden across the globe.^[4]

The major symptoms of UC are diarrhoea, rectal bleeding, tenesmus, passage of mucus and crampy abdominal pain.^[5] In Ayurveda some sub types of Atisara can be correlated with ulcerative colitis. Among these types, Pittatisara and Raktatisara shows bleeding with stool and can be correlated with a symptom of Ulcerative colitis which occurs due to ulcerations of colonic and rectal mucosa. According to Acharya Charaka Raktatisara occurs due to intake of Pitta vitiating food and drinks by a patients suffering from Pittatisara.^[6] So we can say that people with Pittatisara have tendency to develop Raktatisara (chronic stage of Pittatisara) when they do not follow Pathya Aahara and Vihara. Due to increased quantity of blood in stool in Raktatisara, it can be considered as active stage of Ulcerative colitis. Bloody diarrhoea along with thirst, pain and burning sensation in abdomen, fever and inflammation in anorectum are the clinical features of Raktatisar,^[7] which can be correlated with complications of Ulcerative colitis. It may occurs due to poor absorption of water and electrolytes due to mucosal destruction and ulceration in mucosal surface of intestine.

Etiology

The exact etiology of UC is unknown, but certain factors have been found to be associated with the disease. Etiological factors potentially contributing to ulcerative colitis include genetic factors, immune system reactions, environmental factors, long time use non-steroidal anti-inflammatory drug (NSAID), a smoking history, psychological stress, excessive consumption of milk products and use of oral contraceptive.^[8]

According to Ayurveda Impairment of Jatharagni (Digestive fire) cause the various kind of diseases of gastro intestinal system. Vikriti (Impairment) of Agni takes place in three different ways i.e. Mandagni (Hypo functioning of digestive fire), Visamagni (Irregular digestive fire) and Tikshnagni (Hyper functioning of digestive fire).^[9] Among them Mandagni i.e. Hypo functional state of Agni is the root cause for most of the diseases. Raktatisar is the disease of digestive system and its main root of cause is Mandagni. Other specific cause of Raktatisar according to different Acharya are mentioned below.

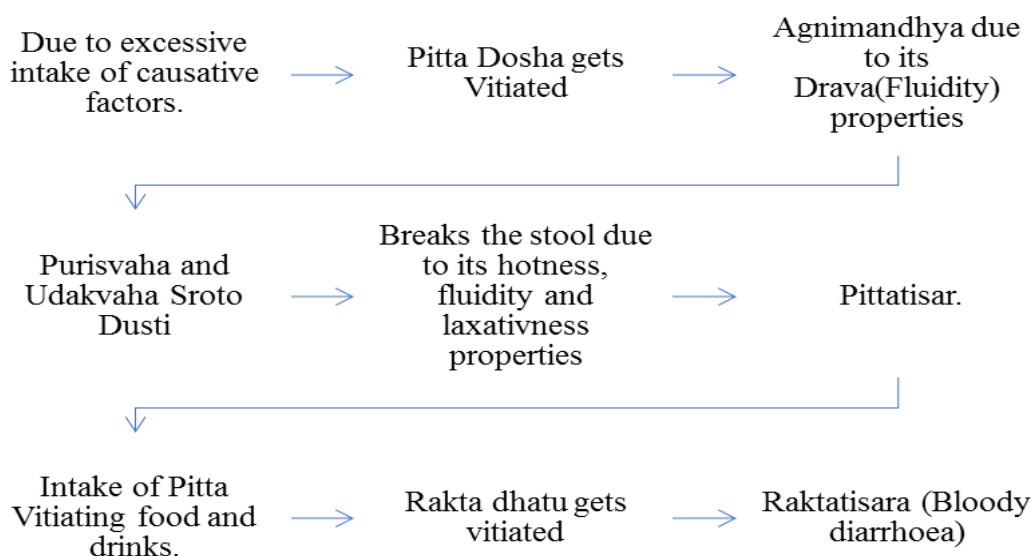
According to Acharya Charaka, Intake excessive sour, salty, pungent, alkaline, hot and irritant things excessively, constant exposure to scorching sun, fire and hot wind and psychologically stressed with anger and envy causes Pittatisara.^[10] According to him Continuous intake of pitta vitiating food by a Pittatisara patient leads to Raktatisar.^[11]

According to Acharya Sushruta, Intake of heavy, excessively fatty, rough, hot, liquid and solid, excessively cold, incompatible food, having food before digestion of previous, improperly cooked, drinking of contaminated water and wine in excess, suppression of natural urges, excessive sporting in water, worms infestations, Ingestion of toxic substances etc causes Pittatisara.^[12] Same as Acharya Charaka Acharya Sushruta also mentioned that continuous intake of pitta vitiating food by a Pittatisara patient leads to Raktatisar.^[13]

Acharya Vagbhata have not described aetiology of Pittatisar separately in Nidanasthana. According to him drinking large quantities of water, eating meat of emaciated animals, intake of unaccustomed food, paste of sesame, germinated grains, wines, dry food, eating large quantity of food, improper oleation therapy, intestinal parasites, suppression of natural urges causes all type of Atisara.^[14] But in Chikitsa Sthana chapter nine he cited that continuous intake of Pitta vitiating food and drinks by a patients suffering from Pittatisara causes Raktatisara.^[15]

According to Acharya Madhavkar Continuous and excessive intake of Pitta increasing diet by Pittatisar patient causes daring disease called Raktatissar.^[16]

Probable samprapti (Pathogenesis) of raktatisar



Samprapti ghatak**Dosha-** Pitta dominant Tridosha**Dusya (involved tissue) -** Rasa, Rakta**Srotas (channels):** Purishavaha Srotas, UdakvahaSrotas, Annavaaha Srotas**Srotodushti-** Atipravrtti**Agni-** Jatharagni, Dhatvagni**Utbhavasthana (place involved) -** Pakvashaya**Signs and symptoms**

The major symptoms of ulcerative colitis is bloody diarrhoea, with passage of mucus. In severe cases anorexia, tenesmus, malaise, weight loss and abdominal pain occur. The first attack is usually the most severe and thereafter the disease is followed by relapse and remissions.^[17]

According to Acharya Charaka in Pittatisara, the patient passes stool as yellow, green, blue, black, associated with Raktapitta and exceedingly foetid. At the same time patient also have general symptoms like thirst, burning sensation, sweating, fainting, pain in abdomen, inflammation and suppuration in anus.^[18] While in Raktatisara bloody diarrhoea along with thirst, pain and burning sensation in abdomen and inflammation in anorectum is present.^[19]

According to Acharya Sushruta point of view the Pittatisar patient passes hot faeces with bad smell and resemblance mutton wash water (Bluish red in colour). Patient feels thirsty, fainting and feverish with profuse sweating of the body. Ulceration in the rectum and anus.^[20] While in Raktatisara bloody diarrhoea along with fever, pain, burning sensation in abdomen and Inflammation in anorectum occurred.^[21]

According to Acharya Vagbhata the Pittatisar patient passes yellow, black, turmeric like or green feces mixed with blood with foul smell, associated with thirst, fainting, perspiration, burning sensation, pain in abdomen, and ulcerations of the rectum.^[22] If the Pittatisar patient take Pitta aggravating food continuously then he will developed Raktatisar with symptoms of fever and rectal abscess.^[23]

Table 1: Comparison of signs and symptoms of Ulcerative colitis with Pittatisara, Raktatisara and Raktaj Prabahika.

Signs and Symptoms of ulcerative colitis	Pittatisara	Raktatisara	Raktaj prabahika
Increased frequency of stool	++	++	+
Blood with feces	+	++	+
Mucous discharge	-	+	++
Urgency and tenesmus	+	+	++
Loose consistency of stool	++	++	+
Abdominal pain	+	+	+
Involvement of rectal mucosa	+	+	+

Management of ulcerative colitis

Oral, topical and IV administration of Antibiotics, Amino salicylates, Corticosteroids, anti-Tumor necrosis factors have been used to subside the active phase and to maintain the remission of disease. But, drug resistance, drug dependency and side effects of those drugs are high. Up to 60% of patients with extensive ulcerative colitis eventually required surgery (colectomy).^[24]

According to ayurveda principles

Agnimandhya is the root cause of this disease. In all kinds of Atisara, sign of Ama and pakva should be determined first. This is the first line of Atisara treatment.^[25] The basic principle to consider during treatment mentioned as Ama (indigested) or Pakva (digested) features of the patient. Agni Dipana (enhance digestive fire), Ama Pachana (digestion of indigested particles), Grahi (checks diarrhea), Stambhana (checks bleeding), Dhatu Poshaka (nutrition supplement in tissue level), Sattvavajaya Chikitsa (psychotherapy) should be given according to the condition of the patient. Keeping in mind the strength of the patient, In case of Amavasta Langhana (Fasting) should be done first, then drinking of Yevagu (Thick gruel) made with Deepan, Pachana drugs like sunthi, chitrak etc is beneficial. Grahi drugs should be avoided in Amavasta condition as it may cause Pliha Vridhi (splenomegaly), Pandu (anemia), Anaha, Prameha, Kustha (skin disease), Jwara (fever), Śopha (edema), Gulma (abdominal lump), Grahani (IBS), Arsha (piles), Shula (pain), Alasaka, Hrid Graha (Cardiac discomfort) etc.^[26] In Pakva condition Grahi medicine can be given. According to the patient condition along with Shaman Chikitsa (Deepan, Pachana, Grahi medicine) Sodhana Chikitsa (Purification therapy) is beneficial. In Raktatisar basically Basti Karma is indicated, among different type of Basti described in Ayurveda classics Pichha Basti is considered best for the treatment of Raktatisar.

Shaman chikitsa

Some Ayurvedic preparation mentioned in classical texts of Ayurveda which are useful in the treatment of Pittatisar and Raktasisar patients:

1. Churna (Powder)

- a) Powder of Yesthimadhu, Shankha Bhasma, Black mud and Nagkeshar with honey or Tandulodak (rice water) is an excellent haemostatic so it is useful in the treatment of Raktatisar.^[27]
- b) 10gm paste of Black Sesame mixed with 2gm of sugar and taken with goat's milk. Or 3gm Paste of Priyangu taken with honey followed by Tandulodak (Rice Water) checks haemorrhage quickly. Or White Chandan mixed with sugar and honey followed by Rice water one relieved the burning sensation, thirst and haemorrhage.^[28]
- c) Intake of Paste of Black sesame 5 parts and Paste of Sharkara (Sugar) 1 part with Goat milk stop rectal bleeding immediately.^[29]
- d) Rasanjana, Ativisha bark, Indrayava, Haritaki, Sunthi, with honey followed by Tandulodak (Rice water) is useful in Raktastisar.^[30]
- e) Daruharidra bark, Pipali, Shunthi, Lakha, Indrayeva, Kutki, siddha cow ghee mixed with peya is beneficial in Raktatisar.^[31]
- f) Bark powder of Priyal, Shalmali, Plakshya, Shallaki and Candan with milk^[32] or Yesthimadhu, Sharkara, Lodhra, Vidari and Sariva mixed with goat milk is useful in the treatment of Pittatisar and Raktatisar.^[33]
- g) Powder or Paste of Manjistha, Sariva, Lodhra, Padmakhya, Kumud, Nilotpal and Bhagri with Goat milk is useful in the treatment of Pittatisar and Raktatisar.^[34]
- h) Sharkara, Kamal, Lodhra, Manjistha, Madhuyesthi and Till. Or Black till, Madhuyesthi, Mandjistha, and Nil kamal. Or Till, Mochrasa, Lodhra, Yesthimadhu, and Nilotpal. Or Kachhura and Till. Paste (Kalka) of these four preparation with Goat milk and honey are useful in the treatment of Raktatisara.^[35]
- i) **Madhukadi powder:** Powder of Madhuk, Katfal, Lodhra and Dadim all in equal parts with honey followed by Tandulodak (Rice water) is useful in the treatment of Pittatisar.^[36]

j) Nagkeshar powder: Intake of 6gm of Nagkeshar Powder with Makhan, honey and sita two times a day in empty stomach. It has a Rakstambhaka properties so it is used to control bloody diarrhoea.^[37]

k) Nilotpaladi yoga: 3gm powder of Nilotpala, Mochrasa, Lajjalu and Padhmakeshar should be given with goat's milk and advice to take diet of rice and milk after the drug is digested.^[38]

2. Ghrita preperation

a) Shatavari Ghrita^[39]: By taking the paste of Shatavari (*Asparagus racemosus*) or ghee cooked with the same with milk and keeping on milk diet overcomes the bloody diarrhoea.^[40] It is useful in patient of Pittaatisara, Rakta-atisar, Grahani. Shatavari have Sheeta Veerya and Vaata Pitta Shamaka properties. It is Balya, Medhya and Rasayana. It has been suggested to heal the ulcers by potentiating defensive factors.

b) Dravyadi Ghrit (Ghee prepared form Paste of Daruhaldi bark, Indrajau, Pipar, Sunthi, Munaka and Kutki) with Peya and Manda is beneficial in the treatment of Pittatisar and Raktatisar. Due to its Vatanulomana and Agni dipana properties this Ghrita is beneficial in Raktatisar patients.^[41]

c) Nyogradhi ghrita: Administration of Nyugradhi Ghrit (Ghee prepared from Bargad, Gular and Pipal) with honey and sugar is useful in the treatment of Raktatisar.^[42]

3. Kwatha (decoction)

a) Cold decoction (Shit Kasaya) of Shalmali vrinta with Yastimadu and honey cured Pittatisar and Raktatisar.^[43]

b) Administration of Bilvo Majja with Fadita followed by honey is useful in Raktatisara patient.^[44]

c) Kutajadi kasaya: Bark of Kutaj, Bark of Dadim Fruit, Root of Nagarmotha, Flower of Dhataki, Bilvo Fruit majja, Sughandhabala, Red Chandan and Patha decoction with honey is useful in all types of diarrhoea especially in bloody diarrhoea.^[45]

d) Dadimadi kwath: Decoction of Dadim Fruit Bark and Kutaj Bark is useful in chronic bloody diarrhoea.^[46]

e) **Dhanyapanchaka kwatha:** It is used for pain in abdomen and for controlling diarrhoea.

4. Sworasa (Juice)

Jambudaladi Sworas: Administration of Jamun, Aama and Amalaki new leaves Sworasa with equal amount of goat's milk followed by honey is useful in the treatment of bloody diarrhoea.^[47]

5. Kshir(Medicated milk)

Kutaja kshir: Take goat's milk and water in equal proportion and add Yavkuta powder of Kutaj bark 12gm and boiled until, let all water be evaporated. The remaining preparation is called Kutajkshir. Intake of 6gm of Kutaja Kshir is useful in Raktatisar.^[48]

6. Rasa Preperation:

Karpura rasa: Suddha Hingul, Suddha Aphim. Nagarmotha, Indrayav, Jayaphal, and Karpur take all the ingredients in equal amount and make 250mg Vati. Took this medicine two tablet twice a day. This medicine has a strong Stambhaka property which is useful in Jwaratisar, Raktatisar, Grahani Vikar.^[49]

7. Parpati preperation

Vijaya Parpati,^[50] Panchamrit prapati^[51] It is useful in patients of Raktatisara (ulcerative colitis) by, enhancing the normal functioning of Pakwashaya due to its Rasayana property. As described in Bhaishajya Ratnavali in the chapter of Sangrahani Rogadhikar, Parpati acts on digestive system as Doshaghna, Jantughna and Balya. It settles the irritation and inflammation of colon mucosa.

8. Vati

Kutajaghana Vati: It is beneficial in all type of Atisara.

9. Local application

In case the anus gets inflamed by pitta due to frequent motions, one should sprinkle it with very cold decoction of Patola or decoction of Yestmadhu or decoction of Panchavalkala (Vata, Peepal, Udambar, Plaksha and Parisha). Often those having chronic diarrhoea suffer from weakness of anus, hence one should apply unctuous substance to their anus frequently.^[52] Jatyadi Ghrita or Changeri Ghrita can also be used locally.

Sodhana chikitsa

In Sodhana (Purification) therapy mainly Basti (enema) is indicated in Raktatisar patient. Among different type of Basti, Piccha Basti (slimy enema) and Anuvasana Basti (oil enema, mainly medicated Ghee) are useful in mild to moderate stage of Raktatisar to check bleeding, inflammation in anorectam, diarrhoea and abdominal pain.^[53]

A) Anuvasana Basti

During chronic stage of the disease when Vata gets dominant in Pakvashaya and inflammation occurs in anorectum due to vitiated pitta, Anuvasana Basti (oily enema) is beneficial.^[54]

B) Piccha basti

Piccha Basti is named so because of its Picchil properties which means it is sticky or lubricant. Because of this property it has ulcer healing effect. Piccha Basti should be applied in a case of Atisara marked by painful and frequent emission of blood, though in scanty quantities at a time, and by an entire suppression of Vayu (flatus). Possible actions of Piccha Basti are –Shothahara and Vrana-Ropaka (Anti-inflammatory and Ulcer-healing), Rakta Stambhaka (Haemostatic agent), Sangrahi / Stambhana (Anti-diarrhoeal), Pitta Shamaka and Agni Deepaka these actions are due to contents present in it.^[55,56]

According to Acharya Charaka, In case a patient passes little blood but frequently with pain and Vayu having obstruction does not move or moves with difficulty, then Piccha Basti (Slimy enema) should be administered to him. This Piccha Basti alleviates dysentery, rectal prolapse, hemorrhage and fever. This enema, acting as evacuative as well as sustaining, overcomes quickly too advanced disorders of Pittaj diarrhoea, fever, oedema, chronic diarrhoea and Grahani (IBS) disorder.^[57]

Method of preparation of Piccha Basti

The fresh flower or leaves stalks of Shalmali should be wrapped around with fresh Kusa grass and plastered with black mud and heated on cow dung fire. When the outside mud plaster is dried well, it should be brought down and the stalks of Shalmali are taken out. Then stalk of Shalmali are pounded in a mortar and make a bolus of 1 Pala (48gm). Then bolus is pressed in 1 Prastha (540ml) of boiled milk and filtered. After that, filtered cow milk is mixed with sesame oil, Ghee and Yestimadhu paste in adequate quantity. Then this prepared enema should be administered through anal route to the patient in left lateral position. When the enema comes out, advice the patient to take food with milk or meat soup of wild animals.^[58]

Modified piccha basti

Now a days modified Piccha Basti has been prescribed by different Ayurveda physician for Raktatisar patients. Ingredients of Modified Piccha Basti according to different research article published in national and international journal:

Kwatha (decoction): Shalmali Vritta Kwatha-100-150ml

Kalka (paste): Yesthimadhu Powder- 3gm, Lodhra Powder-3gm, Rasanjana-3gm, Mochrasa-3gm, Nagkeshar Powder-3gm, Shatapushpa Powder-3gm = Make a paste by adding 1 glass of water.

Sneha: Panchatikta Ghrita or Changeri Ghrita or Jatyadi Ghrita- 20ml

Milk: Goat milk- 100-200ml

Honey- 1-2 tsf

Pathya (to be taken)

The following specific foods are generally recommended for patients of ulcerative colitis. However, not all patients will tolerate all of these food items. Physician can provide a more individualized nutritional plan.

- **Cow ghee or medicated ghee:** such as Satavari ghrita^[59] can be used for these patients due to its Vatanulomana and Agni dipana properties.
- **Goat's milk:** After boiling with three parts of water has been recommended in Susruta samhita for chronic disease to eliminate residue.
- **Takra (Butter milk):** It is helpful to maintain microflora in gut in Ulcerative colitis.
- **Others:** Cow milk, Raw banana, Jamun, Vilwo (Fruit of Aegle marmelos), Anar (Pomegranate), Dadhi (Curd), Shali rice, Sathi rice (Old basmati rice >6months), Lajja prepared from rice, barley, Mung dal, Masur dal, Arahar dal, Kidney beans, coriander, cumin, Sunthi etc are considered as a suitable diet for ulcerative colitis patient.
- Patients should be assured with proper counselling in all the stages of the disease as ulcerative colitis involves Manasika Bhava (psychological factors) in its disease process. Harshana (Pleasing therapy) and Aswasana play a major role in Raktatisar patients.

Apathya (to be avoided)

All leafy green vegetables, black gram beans, spicy foods, white sugar, wheat, pasta, vinegar, salty and acidic foods should be avoided. Also avoid raw salads, Supari (Areca-nut) mango, tea, cold drinks, ice cream, alcohol and smoking. Mainly advised to avoid Manashika bhava (psychological factors) such as Shoka, Chinta (stress), Bhaya (Fear), anxiety etc.

Current researches on ulcerative colitis through ayurveda principle

In one study 43 Patients of UC were given Udumbara Kwatha Basti with oral Ayurveda medicaments including Kutaj Ghan Vati, Udumbara Kvatha, and combination of Musta, Nagakesara, Lodhra, Mukta Panchamrut Rasa for a one-month period. In this study, it shows that the symptoms and signs, daily dose of steroids and other anti-inflammatory drugs were reduced by more than 75%.^[60]

In another study 5 patients of ulcerative colitis were treated with Pichha basti for 8 days in Yoga basti schedule. In this study, it was observed that the symptoms and signs were reduced by more than 73% with a highly significant result.^[61]

In one study total of 50 patients with clinical features of UC and a confirmed endoscopic diagnosis of UC were included. All patients received complex Ayurvedic treatment for 4weeks. Treatment included oral administration of herbal drugs (Holarrhena antidysenterica, Ficus glomerata, Cyperus rotundus, Mesua ferrea and Symplocos racemosa), recto-colonic administration of Ficus glomerata and Ayurvedic dietary advice (avoidance of spicy, sour, fried, hot and heavy food items). Patients were assessed for changes in clinical features and laboratory investigations. Results show highly significant reduction of the frequency of bowel-movements and blood presence in stool. The reduction in the requirement of conventional standard drugs was also highly significant. Symptoms like abdominal pain, weakness and weight loss were relieved significantly. Laboratory value improvement in haemoglobin, ESR, erythrocytes and pus cells in stool were also found statistically highly significant.^[62]

DISCUSSION

Ulcerative Colitis (UC) is a chronic inflammatory bowel disease with a relapsing and remitting course. The cause is unknown, but several theories have been put forward of which the main are infective, nutritional, psychosomatic and immunological. The major symptoms of UC are diarrhoea, rectal bleeding, tenesmus, passage of mucus and crampy abdominal pain.^[63] Based on similarities in signs and symptoms, Ulcerative colitis can be compared with some sub types of Atisara (Pittatisara, Raktatisara and Shokotpanna Atisara) and Raktaj Pravahika.

Raktatisara is primarily a disease of Pitta Dosha with varying degrees of Vata involvement. Consumption of hot, spicy and fried food along with stress, anxiety etc vitiate the Pitta Dosha and ultimately leads to Pitta Atisara. If patient suffering from Pittatisara do not follow Pathya

Ahara and Vihara and intake excessive pitta vitiating food then develop Raktatisara. So, Raktatisara can be considered as chronic stage of Pittatisara. In Raktatisara bloody diarrhoea along with thirst, pain and burning sensation in abdomen and inflammation in anorectum is present.^[64]

In Pravahika, due to excessive intake of Vata aggravating Ahara Vihara Vata Dosha get aggravated and expels out accumulated Kapha through anal route with small quantity of stool with tenesmus.^[65] Patients having Raktaja Pravahika also show symptom of increased frequency of stool with mixed blood, but in small quantity. Pittatisara is comparatively acute stage rather a chronic disease. Hence, Raktatisara is more accurate correlation of Ulcerative colitis. Due to chronic nature and increased quantity of blood in stool in Raktatisara. Acharya Charaka has mentioned the place where Atisara occurs is Purisashaya (colon) and it is the part of the intestine involve in Ulcerative colitis also.

The prolonged use of conventional standard drugs often produces mild to severe side effects and may eventually result in drug resistance in ulcerative colitis. Hence, there is a need for effective and safe alternative treatment. In Ayurveda various treatment modalities for Raktatisar (Ulcerative colitis) are described and used successfully. According to Ayurveda the first line of treatment is Nidanaparivarjana followed by use of Shamana Chikitsa which includes Amapachana, Agni Deepana, Grahi, Rakta Stambhana and Vrana Ropaka medicine. Along with oral medicine Piccha Basti (slimy enema) is beneficial in mild to moderate stage of Raktatisar to check bleeding, inflammation in anorectam, diarrhoea and abdominal pain. According to Acharya Susruta, all types of Atisara should be managed by light diet initially which can eliminate Ama from body. This should be carried out according to the strength of the patient. Psychological factors such as stress anxiety play an important role in this disease process so, patients should be assured with proper counselling.

CONCLUSION

Ulcerative Colitis is a disease which cannot be cured completely in all the patients but can be managed by adopting various modalities of Ayurvedic treatment which provide better quality of life for the patient. Various oral medicine and Piccha Vasti have been proved useful in alleviating symptoms and to reduce severe condition. The present study sheds light on UC with Ayurveda concepts and its management according to Ayurveda principles.

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